

Community improvements for '89 - '90

By Dave Chmara

The Community Improvement Plan meeting which was held Monday, March 20, was very poorly attended with only two citizens showing up.

The meeting was an opportunity for residents to voice their opinions as to the scheduled improvements to take place in Terrace Bay in 1989 and 1990.

Streetlighting will be improved in the following areas:

* ten new poles and lights at various locations throughout town.

* upgrading of lights from low pressure sodium to 250 high pressure sodium lights - ten installed on Selkirk Ave. from Hwy. 17 to Pine Cres.; 15 installed on Lakeview Drive from Hwy. 17 to the end; ten installed on Kenogami Road from Cartier to Hwy. 17

* new aluminum poles to be set in place with underground wiring and 400 watt mercury vapour lights; four between Centennial Park to Lakeview Drive; one at the corner of Kenogami Road and Hwy. 17

In addition to the improvements in street lighting, a six foot wide asphalt pathway will be put in place along Highway 17 from the Shell Station to Fort Garry Road.

Another asphalt pathway will be placed from the end of Ridgewood Drive to Highway 17.

Miscellaneous projects include the installation of a sidewalk and covered canopy between Simcoe Plaza and Radisson Avenue, partial paving of the Curling Club parking lot, and a handrail being fitted to the sidewalk ramp at the arena.

These are the improvements scheduled for 1989. The total cost

Watch snack time and warm up for healthy teeth and heart

Did you know that a large percentage of the population suffers from the same disease - tooth decay? Or, that much of tooth decay CAN BE prevented by simply altering what you eat?

Your teeth are covered with a sticky, nearly invisible mass of bacteria called plaque. Plaque converts the sugar in foods to acids, which erode tooth enamel and form cavities. Each time you eat dessert or snack high in refined sugar, acids are formed that last at least 20 minutes.

Consequently, the number of times you eat these foods is just important as the amount you eat.

To avoid tooth decay, Diet Centre suggests you limit your

consumption of foods high in refined sugar. Instead of a rich dessert, try a delicious slice of cooled melon topped with strawberries. For snacks, choose raw vegetables. For additional tips, contact your local Diet Centre Councillor.

Sudden heart attacks and even death can occur with the onset of exertion in adults. Scientists have demonstrated that warming up before strenuous exercise increases circulation to the heart.

Normally, when you begin to exercise, the heart has to work harder to deliver more blood to the working muscles. The heart itself needs more oxygen and, hence, more blood. This is

accomplished when the arteries to the heart muscle simply dilate, allowing a larger amount of blood to circulate to the working heart muscle. When subjects warm up first for two minutes, time is provided for the coronary arteries to dilate and increase circulation to the heart muscle before strenuous exercise.

Diet Centre suggests you see your physician before beginning any exercise program. Take good care of your heart... you only have one!

NORTH OF SUPERIOR COMMUNITY MENTAL HEALTH PROGRAM

The North of Superior Community Mental Health Program invites applications for the position of Mental Health Worker in Terrace Bay, Ontario. This is a one year contract position.

The successful applicant will become part of a multidisciplinary team offering mental health services to children and adults. The qualified individual will have academic background and related work experience in the Mental Health field which would allow him/her to provide assessment and treatment services. Clinical supervision is provided by the visiting psychiatrist.

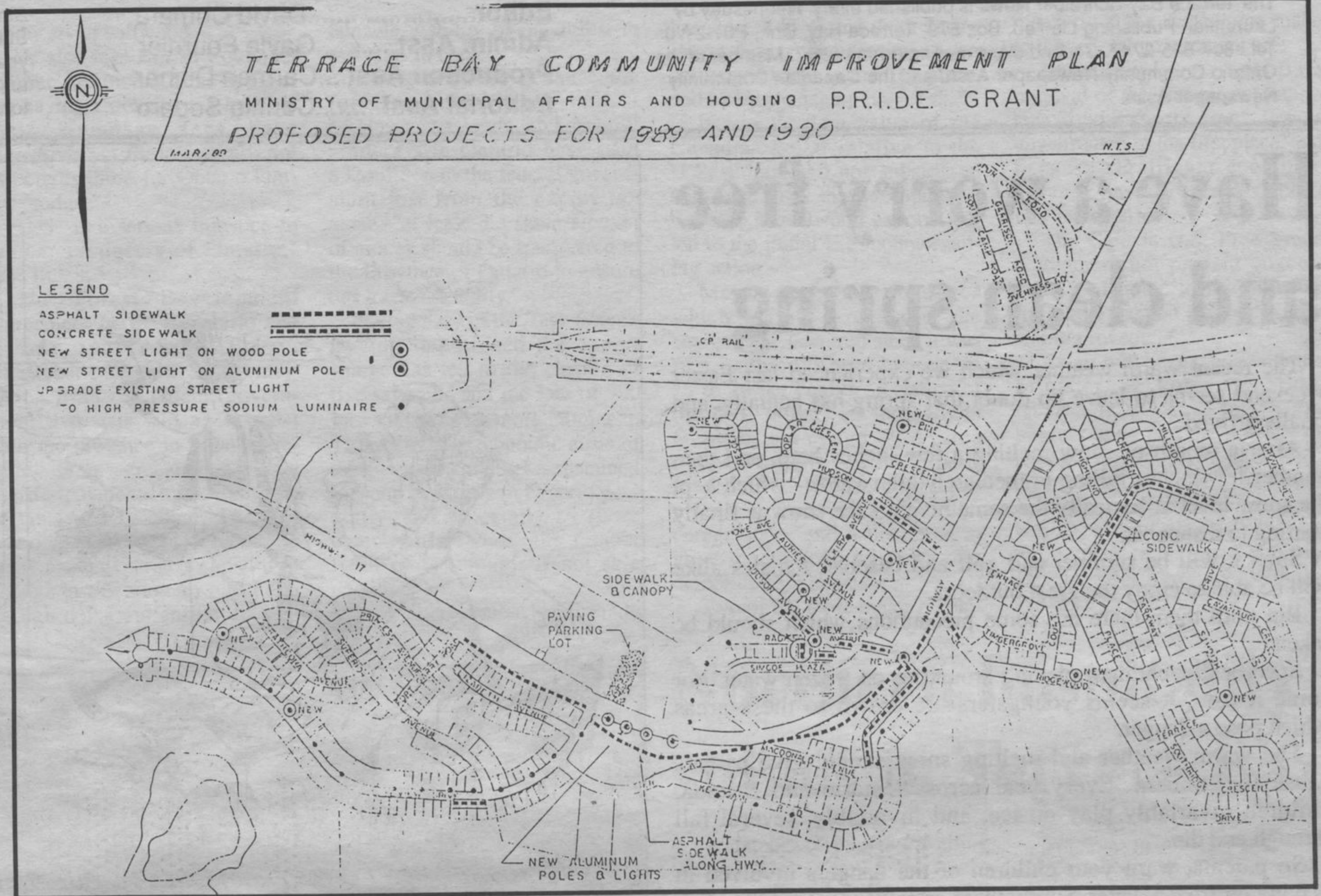
Bilingualism will be considered a strong asset. Own transportation is required.

Salary: \$26,000 - \$32,897 currently.

Closing date for applications: April 7, 1989.

Interested and qualified individuals please submit resumes to:

Executive Director
North of Superior Programs
P.O. Box 940
Geraldton, Ontario
P0T 1M0



Community improvements totalling \$160,000 will be carried out this summer through the Program for Renewal, Improvement, Development, and Economic Revitalization (P.R.I.D.E.) This program will cover \$80,000 of the cost with a grant to the town of Terrace Bay. Above is a map outlining what improvements will take place and where. Photo by Dave Chmara

Give as generously as you are able.



Township of Schreiber POLICY NOTICE

The Council of the Township of Schreiber, has had a policy in effect for sometime, which requires all persons or groups interested in making a presentation to Council, to file a notice of their intention to do so, 48 hours in advance of a regular Council meeting.

Council requests therefore, that a notice detailing the general nature of the matter to be presented to Council, be filed with the Clerk, 48 hours in advance of the meeting at which a presentation will be made.

THE REEVE AND COUNCIL
Township of Schreiber

Birth Announcement

Hi my name is Micheal Benjamin Francis. I was brought into the world on March 6, 1989. I weighed 7 lbs. 14 ozs. and was 53 cm long.



My mommy and daddy are Tana and Richard Gramatowski.

My proud grandparents are Laura & Mike MacDonald and Zophia & Frank Gramatowski.

I would like to thank Dr. Wilkes, Mrs. Betty-Anne Chappel and all of the nursing staff at McCausland Hospital for all their help.